

Disclosure of Interest: None Declared

EPP270

The effect of experienced discrimination and internalized homophobia level in gay and bisexual men on social anxiety level, self-esteem and quality of life

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Introduction: Minority groups in terms of sexual orientation are exposed to specific stressors, unlike the stressors of the general population. Discrimination, stigma, prejudice and violence are more common in minority groups in terms of sexual orientation than heterosexuals, and they affect mental health negatively. Minority stress factors such as perceived discrimination, self-stigmatization and internalized homophobia have negative effects on mental health.

Objectives: External and internal minority stressors, which are associated with social anxiety like many mental illnesses, are also associated with self-esteem and quality of life. Minority stress factors should also be well understood in order to understand the consequences they cause. In this study, it was aimed to examine the relationship between discrimination and internalized homophobia experienced in gay and bisexual men with social anxiety, self-esteem and quality of life.

Methods: 85 participants who defined themselves as gay or bisexual man were included in the study. The study is cross-sectional and descriptive, and the participants were reached by the snowball method. Sociodemographic and clinical data form, including the experienced discrimination questions prepared by the researcher, Internalized Homophobia Scale, Libowitz Social Anxiety Scale, Social Interaction Anxiety Scale, Rosenberg Self-Esteem Scale, World Health Organization Quality of Life Scale Short Form Turkish Version (Whoqol-bref Tr) has been applied. The relationship between experienced discrimination in the sample and internalized homophobia; social anxiety, self-esteem and quality of life were examined separately.

Results: It was found a significant relationship between experienced discrimination and social anxiety levels, an inverse relationship was found with self-esteem. A same-way relationship was found between internalized homophobia and social anxiety levels, while an inverse relationship was found with self-esteem. Experienced discrimination and internalized homophobia were both found to be inversely related to quality of life.

Conclusions: In our study, it was found and discussed that experienced discrimination in gay and bisexual men was positively related to the level of social anxiety, and negatively related to self-esteem and quality of life; similarly there was a positive relationship between the level of internalized homophobia and the level of social anxiety, and a negative relationship between self-esteem and quality of life. When these results are evaluated, it is understood that discrimination experiences and negative mental consequences should be taken into account when evaluating homosexual and bisexual men who are minorities in terms of sexual orientation in mental health clinics and practices, psychological support process, preventive mental health practices and policies to be developed.

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Addictive Disorders

EPP271

Prevalence of drug abuse and its perceived effect on the mental health and academic performance of secondary school students in Bauchi State Nigeria.

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Introduction: The study was designed to determine the prevalence of drug abuse and its perceived effect on the mental health and academic performance of secondary school students in Bauchi State, Nigeria.

Objectives: Objectives of the Study

The aim of this study is to examine the prevalence of drug abuse and its perceived effects on the mental health and academic performance of secondary schools student in Bauchi state. The specific objectives are:

1. To determine the prevalence of drug abuse among secondary school students in Bauchi metropolis.
2. To identify the perceived drugs commonly abused by students in secondary schools.
3. To investigate perceived reasons secondary school students abuse drug in Bauchi metropolis.
4. To investigate the perceived negative effect of drug abuse on the mental health and school performance of the students in secondary schools of Bauchi metropolis.

Methods: The study adopted a cross sectional descriptive design. Multistage sampling procedure was used to select 26 Secondary Schools in Bauchi state. The schools have a combined population of 11,439 students. The instrument for Data collection was a WHO Youth Drug Survey (WHYOYDSQ) and drug abuse screening test (DAST) adapted questionnaire and a sample size of 399 was obtained using Yamane formula. The reliability of the instrument was established using a test and re-test. Data generated analysed using frequency distribution tables, cross tabulation and chi square.

Results: Out of 399 copies of the questionnaire distributed, 372 were correctly filled and analyzed. Majority (80%) of the respondents were between 18-20 years. More than half, 208 respondents (55.9%) reported to have used drug for non-medical reasons once or more in the past one year. The commonest substances abused were codeine, cough syrup, cannabis and tramadol. More than half of the users of each of the substances take it occasionally. Among the respondents, 42.8% who used psychoactive substances were introduced to the substance by their friends. Major reasons for using psychoactive substance include reduction of stress (37.1%), out of curiosity (28%) and memory improvement and retention (26.6%). There was significant difference ($p < 0.05$) in the academic performance of the respondents that abuse drug and those that do not.

Conclusions: In conclusion the prevalence of substance abuse among Secondary School students was high (55.9%) as such

government, parents, teachers, stakeholders and the community leaders needs to join hands to fight and address the problem.

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EPP272

Problem substance use in young adults: The impact of adverse life experiences

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Introduction: Data from community samples have shown that the risk of negative outcomes during the transition to adulthood is greater for those who engage in substance use. Alcohol use is common among young adults in the U.S., with 82% using in the past year and 34% engaging in heavy episodic drinking. Marijuana is the second most widely used substance among young adults and regular use has been connected to an increased risk of anxiety and depression, and linked to both psychoses and poorer outcomes in people diagnosed with schizophrenia.

Objectives: The goal of the current study is to understand the role of adverse childhood experiences (ACEs) on the likelihood of frequent marijuana and alcohol use among a sample of low-income young adults ($N=182$) in the U.S.

Methods: Some original ACE study items were examined, such as types of child maltreatment. Additional items were added, including time spent in foster care as a child, involvement in a serious accident, experienced a serious injury, violent death of a family member or friend, and witnessed a serious injury or death. Frequent alcohol and marijuana use was defined as once a week or more in the past 30 days. Logistic regression models were developed to understand the magnitude of the contribution of each individual factor on the frequent use of both alcohol and marijuana. Separate models were developed to predict marijuana use and alcohol use.

Results: The participants' mean age was 20.5. The majority of the sample identified as Black (59%) or White (34%). A little more than half (53%) identified as female. Thirty percent reported using alcohol and 35% reported using marijuana at least once a week in the past 30 days.

The logistic regression model predicting frequent alcohol use showed several significant independent variables. Time in foster care ($OR=2.88$), childhood sexual abuse ($OR=2.59$), and childhood emotional abuse ($OR=4.01$) were all significant. Additionally, having a close family or friend who died violently ($OR=6.63$) and witnessing a serious injury or death ($OR=2.92$) were statistically significant.

The model predicting frequent marijuana use showed similar significant independent variables. Time in foster care ($OR=3.48$), childhood physical abuse ($OR=3.67$), childhood emotional abuse ($OR=9.65$), and having a close family member or friend who died violently ($OR=4.99$) all significantly increased the odds of marijuana use.

Conclusions: Study results show the sustained negative impact of both child maltreatment and out-of-home placement. While less studied than other forms of maltreatment, emotional abuse was predictive of both alcohol and marijuana use. Youth who experienced violence in their community also showed a greater likelihood of alcohol and marijuana use. These results highlight the importance of identifying and addressing child maltreatment. Efforts to

prevent and address substance use in young adults should take experiences of violence and abuse into account.

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EPP274

The Cahly project: promoting health literacy about cannabis among the youth

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Introduction: The significant psychological burdens posed by cannabis use on adolescents and young adults, make them a target for interventions to enhance their health literacy regarding patterns of cannabis use (dose and frequency) that lead to higher health risks. Critically incorporating this information is known as health literacy (HL). Within the Cahly project we have designed a psychoeducational intervention to enhance HL regarding cannabis use among students aged 15-25 years old.

Objectives: Explore the efficacy of the intervention in improving HL among the students.

Methods: Prospective, randomised controlled trial with a duration of 1-month. 50 high-school centers and universities located in Barcelona were offered to participate. In those accepting, students were randomised to the experimental (received the intervention) or control groups (did not receive it). Both groups completed a baseline questionnaire on: HL, HL on cannabis use, substance use in the previous year and in the previous month, as well as sociodemographic data. These questions were repeated after one month of entering the study. In the present stage, we will present the baseline HL level (means, %), and the comparison among groups for the follow-up measures (using either Pearson's Chi-squared test or Fisher's exact test as appropriate, group mean comparisons utilized either the Student's t test or Wilcoxon rank sum test).

Results: 300 students have so far finalised the study. Baseline results indicate low levels of general health literacy, and lower knowledge regarding HL on cannabis, with a predominance of use of informal sources of information. Those receiving the intervention improve significantly their knowledge regarding the patterns of cannabis use that lead to higher risks. However, the intervention did not affect their patterns of substance use.

Conclusions: We propose an innovative intervention aiming to disseminate a definition of cannabis risky use among a vulnerable population such as youth. Preliminary results are promising.

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